

Pathways to Wellbeing: A Pilgrimage Retreat of Walks, Reflection & Movement

Renew your mind, body & spirit on the Isle of Iona – your perfect getaway

13th – 18th August 2026 - Argyll Hotel, Isle of Iona

Led by [Sarah Grocott](#)



Experience the radiant energy of Iona, where the long summer light reflects the unfolding journey of life. As warm sunshine and drifting clouds bathe the landscape in rich, luminous colour, embark on this retreat that invites you to pause and reflect offering a unique opportunity to deepen awareness, release what no longer serves you, and step forward with clarity, vitality, and a sense of new possibility.

As part of the pilgrimage retreat, each day will feature a different talk centred around a specific theme that will guide the day's activities and reflections. These themes, carefully chosen to align with the overall goals of the retreat, will be seamlessly integrated into Pilates exercises and walking, allowing participants to connect the physical movements with the theme of the day. This holistic approach encourages not only physical well-being but also mental and emotional reflection, as both Pilates and walking will serve as a mindful exploration of the day's topic, fostering a deeper sense of personal insight and connection to your time on Iona.

Through inspiring talks, physical movement, coastal walks, and mindful practices, you'll deepen your connection to nature and to yourself. Join us this summer and let the long days, open skies, and serene beauty of Iona guide you on a path of personal growth, vitality, and renewal.

Argyll Hotel is offering this retreat for an inclusive fee of £1,500 (price based upon a garden view single room – room upgrades are available) which covers your retreat fee and full board accommodation. Interested participants should contact Sarah – sarahgrocott2@outlook.com – to check the course is right for you - and then contact the hotel to complete your booking – email reception@argyllhoteliona.co.uk or telephone 01681 700334